Shin Splint Class

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Overview

- Purpose of Program
- Phase Classifications/Exercise Progression
- When am I ready to return to full activity?
- MTL/MTI Concerns
- Summary

Purpose

- Help you return to full fitness without pain
- Progressive Program
  - Based on individual absence of symptoms
  - Do not get discouraged
- Waiver Program
  - If you attend classes and are demonstrating that you are performing program as instructed you may remain on waiver, if determined necessary by physical therapist
  - If you miss appointment or it is obvious that you are not making a personal effort to perform program your waiver will not be renewed
- Expectation
  - Go to gym at least 3x/week on your own time to perform exercises associated with your program

Phase I – Shin Splint Phase Classification

- Symptoms: pain with standing
- Goals
  - Pain-free with standing >/= 15 min
  - Maintain Cardiovascular Endurance
  - Increase or maintain strength and range of motion (ROM)
- Exercises
  - 4-way Straight Leg Raise (SLR) 3x10
  - Long Arc Quads with theraband 3x10
  - Ankle Plantar/Dorsiflexion with theraband 3x10
  - Resisted Heel Slides with theraband 3x10
  - Gastroc Stretch 60 sec x 1
  - Soleus Stretch 60 sec x 1
  - Hamstring Stretch 60 sec x 1
  - Stationary Bike x 20 min
  - Bench press 3x10
  - Biceps Curls (seated on theraball) 3x10
  - Triceps extensions (seated on theraball) 3x10
- Modality
  - Ice Massage x 10 min or Ice Pack x 15 min

Phase II – Shin Splint Classification

- Symptoms: No pain with standing; Pain with walking >/=20min
- Goals
  - Walk >/= 30 min without pain
  - Maintain cardiovascular endurance
  - Increase or maintain strength and ROM as appropriate
- Exercises
  - Bilateral to unilateral heel raises 3x10
  - Steamboats (4-way hip) with theraband 3x10
  - Single-leg Standing (SLS) Ball Toss to rebounder or with partner 3x10
  - Terminal Knee extensions with theraband 3x10
  - Stair step ups/downs 3x10 (side, front)
  - Gastroc stretch 60 sec x 1
  - Soleus stretch 60 sec x 1
  - Hamstring Stretch 60 sec x 1
  - Stationary Bike progress to elliptical as tolerated x 20 min
  - Bench press 3x10
  - Biceps Curls (seated on theraball) 3x10
  - Triceps extensions (seated on theraball) 3x10
- Modality
  - Ice Massage x 10 min or Ice Pack x 15 min

Phase III – Shin Splint Classification

- Symptoms: No pain with walking >/= 30 min; Pain with light jogging; May walk/jog at own pace during PRT
- Goals
  - Jog on treadmill >/= 10 min without pain
  - Maintain cardiovascular endurance
- Exercises
  - Forward lunges1-2-3-4-5 x 30 feet (side, front)
  - Sideways walking on treadmill x 3 min each direction
  - Retro-walking on treadmill x 10 min
  - Elliptical x 15 min
  - Walk/jog on treadmill begin at 5 min progress as tolerated
  - Gastroc stretch 60 sec x 1
  - Soleus stretch 60 sec x 1
  - Hamstring Stretch 60 sec x 1
  - Stationary Bike progress to elliptical as tolerated x 20 min
  - Bench press 3x10
  - Biceps Curls (seated on theraball) 3x10
  - Triceps Extensions (seated on theraball) 3x10
- Modality
  - Ice Massage x 10 min or Ice Pack x 15 min

Phase IV – Shin Splint Classification

- Symptoms: No pain with jogging for at least 10 min; Pain with running/jumping
- Goals
  - Run on treadmill >/= 15 min without pain
  - Discharge from Physical Therapy
  - Return to Training
- Exercises
  - Forward walk on treadmill x 5 min
  - Jog/run on treadmill x 15 min or as tolerated
  - Gastroc stretch 60 sec x 1
  - Soleus stretch 60 sec x 1
  - Hamstring Stretch 60 sec x 1
  - Stationary Bike progress to elliptical as tolerated x 20 min
  - Bench press 3x10
  - Biceps Curls (seated on theraball) 3x10
  - Triceps Extensions (seated on theraball) 3x10
- Modality
  - Ice Massage x 10 min or Ice Pack x 15 min

Return to Full Fitness Activity

- When you demonstrate you have achieved goals in Phase IV
- If you miss an appointment or refuse to follow program

MTL/MTI Concerns

- They have been briefed on this presentation
- If you are getting questioned, harassed or intimidated by them you need to let me know
- A waiver is an order from an Officer and they do not have any authority to have you disregard that order
- They do not have the necessary medical training to tell you when you are fit to run or not
- I will not discuss any of your medical information with them without your permission
  - It is a matter of privacy and they do not have a right to this information

Summary

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- When am I ready to return to full activity?
- MTL/MTI Concerns

Questions?

- http://www.keesler.af.mil/units/81stmedicalgroup.asp